

Frenectomy Post-Operative Instructions

Some infants and children appear to experience some discomfort for the first 1-2 days after the procedure. Normal healing under the tongue or lip will appear a white fibrin covering. You may use Tylenol, Ibuprofen (if 6 months of age or older), Arnica, Rescue Remedy, or other measures to help with pain control. Coconut oil is also helpful due to its antibacterial properties.



Wound Care Management

Stretching exercises after lip and tongue tie release help to reduce the risk of reattachment and the need for additional revisions.

Before starting the stretching exercises, make sure that your hands are clean. Wash hands with soap and water. (Do not use any alcohol-based hand cleaners).

To stretch the lip: pull the lip out and up towards the nose 1-2 times and sweep finger from side to side for 1-2 seconds 5 times a day for 3-4 weeks. The main goal is to insert your finger between the lip and gums, so they do not stick together.

To stretch the tongue: lay child down somewhere it will be easy for you to stand or sit behind the child. Place one finger on either side of the incision, pull straight backwards until you feel a mild stretch and hold for approximately 1-2 seconds. Make sure fingers are deep enough (pushing past the diamond) before pulling back. The main goal is to unfold the diamond so that it is almost flat (this is the first place it will reattach). Minimal bleeding is normal the first few days of stretches if done correctly. Stretches should be done 5 times a day for 3-4 weeks.

First stretch should be done at dinner time the same day as the procedure, then start the 5 stretches the following day for 3-4 weeks.

For older children and adults, avoid citrus-based foods (ketchup, orange juice, etc.) as this may sting the area.

For any questions or concerns, feel free to text or call the office for assistance.

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